

# Want **healthier options** at your next meeting?

Ask your meeting planner to

## **energize** your meetings

- > **Stay energized and productive**
- > **Support your overall health**
- > **Enjoy delicious foods**

Your meeting planner can use the easy ordering system in Energize Your Meetings to get healthy foods from great vendors.

Visit [www.washingtonwellness.gov](http://www.washingtonwellness.gov)  
or talk to your agency's wellness coordinator.





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If you have questions, contact:  
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(360) 236-3736

**Sincerely,**  
**Health Education Resource Exchange Web Team**

# P R I N T I N G   S P E C I F I C A T I O N S

**Title:**    **Want healthier options at your next meeting?** (poster)

**Size:**    8.5 x 11

**Paper stock:**    80# Mohawk 50/10 Matte Cover, white. Matte protective coating 1 side.

**Ink color:**    4-color process

**DOH Pub #:**    345-265